

PICKLES & PEPPERS



Sweet & Sour Chicken Kabobs



BAY VALLEY
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Sweet & Sour Chicken Kabobs

Single Serving

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving)
Boneless, skinless chicken breast	4 oz.	Cut chicken into 3/4" cubes.	221 calories
Dill pickle juice	1/2 cup	Mix pickle juice and pineapple juice; marinate chicken in this for 30 to 60 minutes. Drain.	24 g protein
Pineapple juice	1/2 cup		30 g carbohydrate
Canned pineapple chunks	2 oz.	On a large skewer, alternate chicken chunks, pineapple chunks, and dill pickle pieces, and insert the occasional tomato.	2.5 g fiber
Bay Valley Foods® Mini Kosher Dills , cut into 1/2 inch pieces	2		3 g fat
Cherry tomatoes	4	Broil or grill until internal temperature of the chicken reaches 165°F.	1 g saturated fat
			0 g trans fat
			63 mg cholesterol
			1504 mg sodium



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